

RELEASE: GROUP TRAINING



PEPPER Launches Group Training, the First Synchronized EMS Group Workout on the Market

More than 25 wireless suits, one guided session, every suit firing on the same signal. Built for living rooms and fitness studios alike

PEPPER, the Munich-based maker of a wireless electrical muscle stimulation (EMS) suit, launches Group Training, the first synchronized EMS group workout on the market. The feature syncs more than 25 PEPPER suits to a single guided session: everyone follows the same workout, and every suit fires on the same signal. Friends, partners and households can train together at home, and fitness studios can run full EMS group classes without cables, wet suits or one-to-one setups.

Training with other people is one of the most reliable ways to stick with exercise. Until now, EMS has been a solo experience: one person, one suit, one trainer. Group Training changes that, and delivers the benefits of a 60-minute strength session in just 20 minutes for the whole group.

How it works

- **One host, one session:** A host starts a Group Training workout in the PEPPER app and opens a PEPPER Party. Everyone who joins the PEPPER Party is connected automatically, and all suits run in one session.
- **Same cue, every suit:** the app syncs every Powerbox, so each suit activates the same muscle groups at the moment the move appears on screen.
- **Individual intensity:** Either the trainer can set the intensity for each suit, or everyone controls their own, so a beginner and a regular can train side by side.
- **Joint-friendly, full-body:** bodyweight moves, no heavy weights, up to 90% of muscle fibers activated.

At home

Group Training turns PEPPER's Partner and Friendship bundles into a shared workout. Couples, roommates and friends put on their suits, press start and get through a full-body strength session together in 20 minutes.

In the studio

For gyms, boutique studios and personal trainers, Group Training opens up a new class format. Studio EMS has traditionally meant one trainer per client, a wired machine and suits that need wetting before every session. With PEPPER, a single coach can lead a group of more than 25 people at once with dry, wireless suits, and add EMS group classes to the schedule with minimal setup and floor space.

"Exercising is easier and way more fun when you're not doing it alone," said Emilia von Keyserlingk, founder of PEPPER. "EMS has always been one person, one suit, one trainer. We're the first to change that. Whether it's two friends in a living room or a full class in a studio, everyone puts on the suit, presses start and trains together."

Availability

Group Training is available for PEPPER users in the US. The PEPPER suit is sold at peppermove.com/us for \$1,395 with a 30-day trial; the PEPPER app subscription is \$200 per year.

About PEPPER

PEPPER makes strength training simple enough to do at home. Its wireless suit uses electrical muscle stimulation (EMS), long offered in European fitness studios, to make each muscle group work harder during a guided 20-minute bodyweight workout. The electrodes work dry, so there's no wetting or cables, and the PEPPER app leads every session. Founded in Munich by Emilia von Keyserlingk, PEPPER is used in 30 countries and launched in the US in June 2026. The PEPPER EMS Training System is FDA cleared.

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